

HANDWASHING:



The 30 Second Solution



- 👍 Use warm or hot running water.
- 👍 Use soap (preferably antibacterial) and generate a lather.
- 👍 Wash thoroughly under running water for 15–20 seconds paying attention to palms, back of hands, between fingers, and under and around fingernails.
- 👍 Rinse well under running water. Hold hands so that the water flows from wrist to fingertips. Good rinsing minimizes dry skin.
- 👍 Dry hands completely with clean paper towels or air dryer. Pat your skin rather than rubbing to avoid chapping and cracking.

